

Rise Again

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Gerard Murphy (CAN) - June 2021
音乐: Rise Again (2008 Sequel) - The Rankin Family



Begin on lyrics after 16 counts. One tag. Two restarts.

[1-8] Side, Rock, Recover, Sway, Sway, Behind, Side, Cross, Press, Recover

1-2& Step R long step to R side, rock L behind R, recover onto R
3-4 Step L to L while swaying hips to L, sway hips to R while shifting weight to R
5&6 Cross step L behind R, step R to R side, cross step L over R
7-8 Press forward diagonal on ball of R (2:00) on R, recover onto L

[9-16] Behind, ¼ Turn L, Step, Forward, Lock Step, Step, ½ PIVOT, ½ Turn, ¼ Turn, Cross

1&2 Cross step R behind L, turn ¼ L stepping L forward (9:00), step R forward
3&4 Step L forward, lock step R behind L, step L forward
5-6 Step R forward, turn ½ L taking weight on L (3:00)
7&8 Turn ½ L stepping back on R (9:00), turn ¼ L stepping L to L (6:00), cross step R over L

[17-24] Side, Rock, Recover, Side, Behind, ¼ Turn, Side, Behind, ¼ Turn, ¼ Turn, Behind, Side, Behind

1-2& Step L long step to L side, rock R behind L, recover onto L
3-4& Step R long step to R side, cross step L behind R, turn ¼ R stepping R forward (9:00)
5&6& Step L to L side, cross step R behind L, turn ¼ L stepping L forward (6:00), turn ¼ L stepping R to R side (3:00)
7&8 Cross step L behind R, step R to R side, cross step L behind R

[25-32] Sweep, Behind, Side, Cross, 1/8 Turn Back, 1/8 Turn Side, Step, ½ Pivot, Step

1-2 Sweep R clockwise, cross step R behind L
&3-4 Step L to L side, cross step R over L, turn 1/8 R stepping back on L (5:00)
5 Turn 1/8 R stepping R to R side (6:00)
6,7,8 Step L forward, turn ½ R taking weight on R (12:00), step L forward

Restarts: Happen after count 28. Once near the end of the 2nd rotation, facing 6:00 and once near the end of the 5th rotation, facing 12:00.

As you turn 1/8 R and step R to R side (for count 29), use this step as the long step to R to restart the dance (at count 1).

Tag: Happens once only. At the end of the 3rd rotation, facing 6:00.

1-2& Step R long step to R side, rock L behind R, recover onto R
3-4& Step L long step to L side, rock R behind L, recover onto L

Ending: After the last time you finish the pattern (12:00) step R to R and freeze as the music pauses. During this moment of silence, think about one person you've lost in your family or dance community - that person to whom you dedicate this dance. Once the music begins again, step R forward and walk a total of 14 slow steps forward, with your head down and R hand over your heart.

* for my mom: Beatrice Murphy

Contact: (902) 457-2774, dance@trybarefoot.com
<http://gerardmurphy.weebly.com/> |